

What is a Healthy Weight?

A healthy weight is a weight range (not one ideal weight) that is appropriate for your height and body build. It is a weight at which you will:

- Feel fit and flexible
- Feel healthy and energetic
- Be at lower risk for weight-related health problems

A healthy weight shouldn't be confused with a thin weight. Being too thin or constantly trying to get thin with one diet after another is not healthy.... physically or emotionally.

How Healthy is Your Weight?

The healthiness of your weight can be measured using the Body Mass Index (BMI). Body Mass Index (BMI) is a number calculated from your weight and height. BMI provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems.

To find your BMI,

- 1) Use the Centers for Disease Control (CDC) [Body Mass Index \(BMI\) calculator](#),

or

- 2) Look it up on the following Body Mass Index Table.

ARE YOU AT A HEALTHY WEIGHT? WHAT IS YOUR BODY MASS INDEX?

$$\text{BMI} = \left\{ \frac{\text{WEIGHT (pounds)}}{\text{HEIGHT (inches)}^2} \right\} \times 703$$

		Weight in Pounds													
		120	130	140	150	160	170	180	190	200	210	220	230	240	250
Height in Feet and Inches	4'6	29	31	34	36	39	41	43	46	48	51	53	56	58	60
	4'8	27	29	31	34	36	38	40	43	45	47	49	52	54	56
	4'10	25	27	29	31	34	36	38	40	42	44	46	48	50	52
	5'0	23	25	27	29	31	33	35	37	39	41	43	45	47	49
	5'2	22	24	26	27	29	31	33	35	37	38	40	42	44	46
	5'4	21	22	24	26	28	29	31	33	34	36	38	40	41	43
	5'6	19	21	23	24	26	27	29	31	32	34	36	37	39	40
	5'8	18	20	21	23	24	26	27	29	30	32	34	35	37	38
	5'10	17	19	20	22	23	24	26	27	29	30	32	33	35	36
	6'0	16	18	19	20	22	23	24	26	27	28	30	31	33	34
	6'2	15	17	18	19	21	22	23	24	26	27	28	30	31	32
	6'4	15	16	17	18	20	21	22	23	24	26	27	28	29	30
	6'6	14	15	16	17	19	20	21	22	23	24	25	27	28	29
	6'8	13	14	15	17	18	19	20	21	22	23	24	25	26	28

Healthy Weight
Overweight
Obese

Note: This chart is for adults (aged 20 years and older)

What Does My BMI Mean?

- If your BMI is less than 18.5, you are considered UNDERWEIGHT.
- If your BMI is between 18.5 and 24.9, you are considered NORMAL WEIGHT.
- If your BMI is between 25.0 and 29.9, you are considered OVERWEIGHT.
- If your BMI is 30 or above, you are considered OBESE.

WEIGHT CATEGORY	BMI
Underweight	Below 18.5
Normal	18.5 - 24.9
Overweight	25.0 - 29.9
Obesity	30.0 and Above

Now That I Know My BMI, What Should I Do?

AIM FOR A HEALTHY WEIGHT!

If you are overweight or obese, losing just 10% of your body weight can improve your health. If you do need to lose weight, do so gradually and try to lose between ½ to 2 pounds per week. Rapid weight loss often results in rapid weight gain later on and sets you up for ongoing failure.

Why Should I Maintain a Healthy Weight?

Carrying extra weight puts you at greater risk for developing many diseases, including high blood pressure, high cholesterol, heart disease, stroke, arthritis, diabetes and certain types of cancer, and breathing problems. Losing the excess weight you are carrying will help to prevent and control these diseases.

To put it simply, if you lose the excess weight you are carrying, you will:

- Be healthier
- Look better
- Feel better
- Have more energy